

**If you have symptoms of COVID-19, or if you think you might have been exposed to someone with COVID-19:**

1. Please use the **self-assessment tool** at [bc.thrive.health](https://bc.thrive.health) for information on next steps.
2. If the self-assessment tool recommends further assessment or testing, call your doctor **or** the **Island Health Call Centre** at **1-844-901-8442** (Monday to Saturday 8:30 am to 4:30 pm).
  - A nurse will review your history and, if eligible, will book you for a test appointment.

August 2020



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